



Roadmap for the Journey
The Trainer's Guide

Module
3



Description of Module 3

First Steps on the Journey Child Development

Understanding the importance of early brain development and typical child development is foundational to being an informed service coordinator. This module includes research-based information on early brain development and the principles of child development that influence decision-making in regard to appropriate supports and services for families of infants and toddlers with disabilities. Milestones and warning signs or red flags that may indicate developmental concerns are presented as well. The participant will review information on basic child safety and ways to identify quality child care in Tennessee.



Module 3

First Steps on the Journey Child Development

Competencies

- Has knowledge and understanding of early brain development.
- Has knowledge and understanding of research-based information on healthy child development, the growing brain, and how families can support their child's development.
- Demonstrates knowledge of, understanding of, and the ability to describe areas of child development in terms related to developmental domains.
- Has knowledge and understanding of principles of child development that guide decisions about developmentally appropriate practice.
- Demonstrates knowledge and understanding of interactions among the familial, cultural, social, and physical environments that may influence the development of the infant and young child.
- Has knowledge and understanding of how the larger cultural system influences parenting practices.
- Has knowledge and understanding of parent-child interactions and the influences of family and environmental factors such as the social support network, the home environment, and economic and geographic factors.
- Has the ability to describe and differentiate between typical and atypical development and the interrelationship among all developmental areas including sensory, motor, language, social, and adaptive.
- Has the ability to access information regarding etiology, diagnosis, and developmental characteristics and intervention needs of infants and toddlers who have developmental delays.
- Has foundational knowledge regarding child safety.
- Demonstrates knowledge, understanding, and the ability to put into practice steps in choosing quality child care in Tennessee.



Module 3

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Module Instructions

Module 3

First Steps on the Journey Child Development

Procedure/Activity	Materials	Time
Introduce the module by describing its contents. You may use the written description provided at the beginning of this guide if desired.	Description of Module 3	5 minutes
<p>3.1 Brain Quiz</p> <p>Ask the participant(s) to read the introductory paragraph and complete 3.1 <i>Brain Quiz</i> by circling T/F responses.</p> <p>Share the answers with the participants, taking time to make the points bulleted on the answer sheet. Advise the participant to file the quiz in their portfolio.</p>	3.1 <i>Brain Quiz and Answers to Brain Quiz</i>	20 minutes
<p>3.2 Brain Development</p> <p>1. Instruct the participant(s) to visit the <i>BrainWonders</i> website at the following location and review the information found on the topic of <i>Brain Development: Frequently Asked Questions</i>. Information is available there on general brain development and pre- and post-natal brain development. This activity is to be done independently by the participant.</p> <p>http://www.zerotothree.org/brainwonders/FAQ.html</p> <p>2. Instruct the participant(s) to access handouts titled <i>Healthy Minds: Nurturing Your Child's Development</i> on the website below. Ask them to read the seven age-specific handouts (two pages each) for birth to three year olds. These</p>	<p>Computer with Internet access</p> <p><i>Healthy Minds: Nurturing Your Child's Development</i> seven handouts – Copy and provide from website or direct the participant to access from the</p>	5 minutes to instruct the participant about the assignment

Procedure/Activity	Materials	Time
<p>handouts are based on findings from the landmark report from the National Academy of Sciences, <i>Neurons to Neighborhoods</i>. They summarize key findings, provide a child description, describe typical development for the age represented, and make suggestions for caregivers for nurturing their child's development. Reviewing this material will give the service coordinator the opportunity to learn about the nature of early child development and the impact early experiences have on children's health and well-being.</p> <p>www.zerotothree.org/healthyminds/main.html</p> <p>3. Additional Information on child development and milestones is available from the home page below in areas titled <i>Parents</i> and <i>Child Care Providers</i>. Instruct the participant to review information, as needed, based on their knowledge and experience related to typical child development.</p> <p>http://www.zerotothree.org/brainworkers/index.html</p> <p>4. When the participant has completed this assignment, list the date completed in their <i>Documentation of Portfolio Results</i>.</p>	<p>following website:</p> <p>www.zerotothree.org/healthyminds/main.html</p>	
<p>3.3 Principles of Child Development</p> <p>Show PowerPoint <i>Principles of Child Development</i>, making the points and engaging the learner in discussion as desired. Trainer's notes are included on slides 6, 7, and 11.</p>	<p>PowerPoint <i>Principles of Child Development</i></p> <p>Computer with monitor or projector or laptop for viewing PowerPoint</p>	<p>1 hour</p>

Procedure/Activity	Materials	Time
	Print and provide handout of PowerPoint, if desired	
Break		15 minutes
<p>3.4 Understanding and Describing Developmental Domains</p> <p>Review and discuss information in handout 3.4 <i>Understanding Developmental Domains</i> with the participant.</p> <p>Instruct the learner(s) to write a clear and concise (one or two sentences with examples) description of each of the developmental domains on worksheet 3.4a <i>Describing Developmental Domains to Families</i>. Using these descriptions, have the learner practice/role-play delivering this information, as they would do with a family. Instruct the learner to place this worksheet in their portfolio.</p>	<p>3.4 <i>Understanding Developmental Domains</i></p> <p>3.4a <i>Describing Developmental Domains to Families</i></p>	45 minutes
<p>3.5 Milestones and Warning Signs</p> <p>Show PowerPoint <i>Milestones and Warning Signs</i>, making the points and engaging the learner in discussion as desired.</p> <p>Note: Definition of terms used in PowerPoint</p> <ul style="list-style-type: none"> • Hypertonia – Abnormally increased muscle tone • Hypotonia – Abnormally decreased muscle tone • Adductor spasticity – Movement toward the midline of the body due to increased muscle tension • Hemiparesis – Paralysis affecting one side of the body • Contralateral – Affecting the opposite side 	<p>PowerPoint <i>Milestones and Warning Signs</i></p> <p>Computer with monitor or projector or laptop for viewing PowerPoint</p> <p>Print and provide handout of PowerPoint, if desired</p>	45 minutes

Procedure/Activity	Materials	Time
<p>3.6 Child Safety</p> <p>Review information in article 3.6a <i>Let's Talk About...Child Safety</i>, making the points and involving the participant in discussion as desired. Provide the participant with a copy of the article.</p>	<p>3.6a <i>Let's Talk About...Child Safety</i></p>	<p>30 minutes</p>
<p>3.7 Accessing Quality Child Care in Tennessee</p> <ul style="list-style-type: none"> • Show the video <i>I Am Your Child – Quality Child Care</i> (or similar one) for the purpose of ensuring that the participant is familiar with what to look for in choosing quality child care. • You will need access to the Internet to complete this activity. (If this is not possible in a particular training or group setting, the participant(s) may complete this portion of the training independently wherever Internet access is feasible.) • Visit the following website and review with the participant(s) the <i>Help with Choosing Child Care</i> portion, emphasizing the two items listed below: <p>http://www.state.tn.us/humanserv/childcare.htm#star</p> <ol style="list-style-type: none"> 1. The Child Care Resource and Referral service 2. The statewide listing of child care providers <ul style="list-style-type: none"> • Review information with the participant(s) in 3.7b <i>A Parent's Guide to Choosing Quality Child Care in Tennessee: Handy Workbook</i> <p>http://www.state.tn.us/humanserv/c-c-workbook.pdf</p> <ul style="list-style-type: none"> • Instruct the participant to schedule 	<p>Video <i>I Am Your Child – Quality Child Care</i> (or similar one) VCR TV</p> <p>Computer with Internet access</p> <p>Copy of pages 6-8 of 3.7b <i>A Parent's Guide to Choosing Quality Child Care in Tennessee: Handy Workbook</i> for field observation</p>	<p>30 minutes for video</p> <p>Additional time depending on availability of Internet access and whether or not you choose to allow the participant to complete the rest of this activity independently</p>

Procedure/Activity	Materials	Time
<p>a field observation to a child care facility that is inclusive. Provide appropriate contact information to the participant for a facility in your area. Provide a copy of pages 6-8 of 3.7b <i>A Parent's Guide to Choosing Quality Child Care in Tennessee: Handy Workbook</i> (from website above) for the participant to use in the field observation. Instruct the participant to complete the observation form and to add additional information by recording any noted differences (positive or negative) in the child care experience for children who are typically developing and children with special needs.</p> <ul style="list-style-type: none"> • When the field observation has been completed, meet with the participant to discuss their observations. Instruct the participant to file the observation results in their portfolio. 		<p>Total Time = 4 ¼ hours if activity 3.7 is completed independently</p>



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Bibliography and Resources

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